



Cpl. Jessica M. Mills



Cpl. Megan L. Stiner



Staff Sgt. Ronna M. Weyland

For the first time in more than 20 years, the Blue Angels thundered into town and easily thrilled tens of thousands at the Blues on the Bay Air Show Friday through Sunday, here. Inset — (From top) An F-15 Eagle takes off at a steep 45-degree ascent to demonstrate the aircraft’s abilities in all areas of combat flight. The C-130 Hercules Jet Assisted Take Off, affectionately known as “Fat Albert,” and an essential transport aircraft for the Blue Angels team, made a brief appearance at the show and showed off its take-off ability. Aerobatic daredevil, Eric Beard, demonstrated the agility and aerobatic abilities of the Russian Thunder, one of only seven such aircraft in the world. The air show headlined the Blue Angels and featured a number of local, as well as national aerobatic performers.

On wings of steel

Air show is a success,
drawing thousands

Cpl. Jessica M. Mills
Sports Editor

More than 100,000 spectators craned their necks skyward this weekend to witness stunning air acrobatics and feel the thunder of 12 full-powered jet engines rush above their heads during the Blues on the Bay Air Show on the MCB Hawaii flight line.

It has been more than 8 years since the Blue Angels last ripped through the skies of Hawaii, but their performance this weekend seemed to dazzle both first-timers and veteran air show enthusiasts alike.

“This is really exciting for us. Even when I was on active duty, I never got to see stuff like this,” said former Marine P.J. Bonomolo, who also brought his son to share the Blue Angels experience with

him this weekend. “I’m glad my son had a chance to see this.”

“I loved going on all the airplanes and cars,” said Anthony Bonomolo, 5, as he held his hands over his ears to block the roar of overhead jets. “The planes are really loud, but they are still my favorite part.”

Throughout the day, crowds were entertained by a multitude of aerial acrobatics, demonstrations and flyovers by a handful of military aircraft from various services including the Marine Corps, Navy, Air Force, and Coast Guard.

Screaming F-15 Eagles, F-16 Fighting Falcons, and F/A-18 Hornets danced across the sky, and combat training demonstrations were performed by Marine Corps and Coast Guard units with CH-53D Sea Stallions and UH-1H Huey Helicopters, among many others.

The show offered everything from the biggest military plane in the world, the C-5 Galaxy, to B-52 Bombers and vintage military planes and equipment. Many military squadrons and tactical units also set up static displays, face painting, and informational booths for the public to view and enjoy.

“I think it went terrific. We had an unbelievable turnout,” said George Kelsey, the logistics manager for Marine Corps Community Services. “For doing a show of this caliber and visibility — after a 20 year absence — it went very smoothly.

“The Blue Angels were really impressed with the amount of support they received and they are looking forward to coming back on a regular schedule. This base gives them a place to perform now, so I

See ANGELS, B-7



Cpl. Jessica M. Mills

One of more than 100,000 spectators that enjoyed the Blue Angels Air Show, Savannah Orey (left), 5, covers her ears as she sits on her father’s shoulders , Brett Orey, a Sailor with Marine Aviation Logistics Squadron. Her equally mesmerized friend, Anthony Bonomolo (right), 5, perched atop his father, P.J. Bonomolo, a former Marine from MCB Hawaii.



Patty Wagstaff flies her Goodrich Extra 300s, upside down through a row of streamers at her Blues on the Bay Air Show performance dur-



ing Military Appreciation Day here, Friday. Flagstaff is the first woman to ever hold the title of U.S. National Aerobatic Champion,



a regular air show headliner, and one of four 2004 inductees into the National Aviation Hall of Fame.

Turkey, the right way

Complete Thanksgiving meals can be purchased to relieve holiday stress

Bobbie Brock
MCCS Marketing

MCB Hawaii — Enjoy the holidays without the hot kitchen and dirty dishes. Invite friends and family over and let Marine Corps Community Services do your Thanksgiving cooking as Chef Yoshi of the Staff NCO Club and Chef Renato Sabalbuero of The Officers' Club, team together to bring you a no-hassle Thanksgiving Dinner.

Turkey-To-Go is a complete meal that includes a 10-to 12-pound herb and garlic roast turkey, stuffing, garlic mashed potatoes, giblet gravy, corn o'brien, cranberry relish, dinner

rolls and butter and pumpkin pie. The dinner serves six to eight people and costs \$59.95 for club members and \$64.95 for nonmembers, if ordered before Nov. 10. After Nov. 10, the cost is \$64.95 for members and \$69.95 for non-members.

Got a few extra mouths to feed this year? Add an eight-pound prime rib that serves up to eight people at a cost of \$85 for members and \$89 for nonmembers, if ordered before Nov. 10. After Nov. 10, the cost will jump to \$89 for members and \$93 for nonmembers.

Enjoy your Thanksgiving the right way by having a good time with friends and family instead of being busy cooking in the kitchen. Save time and money by ordering your Turkey-To-Go dinner today. The completely cooked meals will be ready for pick up on Thanksgiving Day, between 9 a.m. and 12 p.m.

Nov. 25 from Fairways. Reserve your dinner now as they'll probably go fast.

To place your order and for more information, call 254-5481.

Parent-to-be class helps ease anxiety of inexperienced

Ed Hanlon V
MCCS Marketing

Having your first child can be an extremely intimidating experience for many couples. Fortunately for the inexperienced parents-to-be, Marine and Family Services hired Nancy Tahara, manager of the New Parent Support Program, to help ease the transition.

"Dad's Baby Boot Camp/ Mom's Basic Training is a childbirth education class as well as an infant care class," said Tahara. "Day 1 is all about childbirth preparation and information and Day 2 is the infant care class."

On Oct. 4 and 5, Tahara's class entailed two days of instruction to three couples sta-

tioned aboard MCB Hawaii. The material taught is essential to a successful childbirth including instruction in anatomy and physiology, as well as the following period of infant care.

"Day 1 is the childbirth preparation information," she said. "We discuss the third trimester of pregnancy and move on to discuss labor, hospital procedures, pain medications. We stress the importance of breathing and relaxing as well as the most important job — that of Labor Coach."

"Day 2 is all about baby care: bathing, breastfeeding, how to tell when the baby is sick, how to take a baby's temperature, even how to tell if your baby might be feverish,"

See PARENT, B-4

MARINE CORPS COMMUNITY SERVICES

WWW.MCCSHAWAII.COM

Possibilities in Paradise



Kahuna's Bar & Grill

254-7660/7661

Kahuna's Anniversary — Kahuna's has a lot to celebrate with its second anniversary and Bosses' Day tonight.

The doors open at 4:30 p.m. for pau hana with free pupus until 6:30 p.m. Entertainment begins at 5:30 p.m. with a hula show by Halau Namakalaniakamaluhiu, under the direction of kumu hula Palani Agosto, followed by Kapena from 6:30 to 9:30 p.m.

Championship Wrestling — Catch the free, live-action show in the Ballroom on Oct. 16, at 7 p.m.

Live NFL Games — Check out all the Sunday NFL games live on DIRECTV. The club opens at 7 a.m. and breakfast will be available for purchase.

NASCAR Sundays — Race to the club to catch NASCAR. The club opens with breakfast at 7 a.m. and

serves selections from the grill menu until closing time at 8 p.m.

Receive \$1 off chicken wings when you wear your favorite race driver's gear.

Club NFL — Your club has the latest in NFL Monday Night Football action. Get the folks together for giveaways and more football fun than you'll get watching somewhere else.

On Monday, watch the Tampa Bay Buccaneers take on the Saint Louis Rams.

Oktoberfest Celebration — Kahuna's is hosting Oktoberfest Oct. 23 from 7 p.m. – 12:30 a.m. Head to the fest tent for German cuisine and specialty beverages. The cost is \$20 for food and beverage samplings.

A DJ will spin from 7 – 9 p.m. and the Wiener Wald Band will perform from 9 p.m. – 12 a.m.



Latin Night — Mix it up with El Conjunto Tropical at for Latin Night. Salsa down to the club Oct. 29 at 6 p.m. to enjoy the live band, dancing, cold beverages and pupus.

Kahuna's Halloween — It's fight and fright night at with brawls and creepy crawls Oct. 30. U.S.A. boxing in the ballroom begins at 6 p.m.; the cost is \$12.

Get spooked in the Sports Bar with a costume party, DJ entertainment and a pumpkin carving contest at 9 p.m. Prizes will be awarded for the most original, scariest and funniest costumes.



Staff NCO Club

254-5481

Live NFL Games — Check out all the Sunday NFL games live on DIRECTV. The club opens at 7 a.m. and breakfast will be available for purchase.



Club NFL — Your club has the latest in NFL Monday Night Football action. Get the folks together for giveaways and more football fun than you'll get watching somewhere else.

On Monday, watch the Tampa Bay Buccaneers take on the Saint Louis Rams.

Staff NCO Halloween Bash — The Staff NCO Club has a standing tradition of hosting the craziest Halloween bashes. This year's bash on Oct. 30 promises more of the same.

Dress up in your best costume and head to the club for beverages and pupus. DJ entertainment begins at 8 p.m.

All Hands

Haunted House — Youth Activities will freak you out with their annual haunted house on Oct. 29 and 30, from 6 – 9 p.m. in building 477.

Open to the base community, admission is free for Youth Activities members and for children 4 and under; nonmembers pay \$1.

Children's Marine Corps Birthday Ball — Let your children cherish the Marine Corps heritage as LINKS presents the Children's Marine Corps Birthday Ball on Oct. 24, from 1 to 4 p.m., in the LINKS yard across The Officers' Club.

Free to all base children, this family formal is limited to the first 75 children that RSVPs by Oct. 18. All ages are welcome. The dress attire will be red, white and blue casual.

To reserve a place for your child, call 257-2368 or e-mail rsp4links@aol.com.

Joint Spouses' Conference — The 10th annual Joint Spouses' Conference will be held today and Saturday at Hickam Air Force Base Officers' Club. This is a forum for military spouses from the Army, Navy, Air Force, Marine Corps and Coast Guard to come together as one family to learn and share experiences from military life.

Children are not permitted to attend. Child care is not available and must be prearranged.

Ongoing

KOSC Tour of Homes — Do you like holiday decorating? The Key Officer Spouse Club is looking for holiday decorated homes to be in the Tour of Homes on Friday, December 9th. Any Kaneohe Bay home can participate. Show your holiday spirit and help raise money for charities.

Call 254-2491 for more information and to become a part of this K-Bay tradition.

Mega Video Blow Out — Now through Oct. 31. Get huge discounts on your favorite movies on VHS tape. Purchase a regularly priced \$9.95 tape for only \$5, a \$7.95 tape for only \$2 or a \$5.95 tape for just \$1.

Fix it Yourself — Want to do a little work on your prized vehicle, but don't have the space or tools to get the job done? Cruise on over to the Auto Skills Center located at building 3097, next to the 24-hour car wash, and utilize their tools to get your baby back in top form.

Certified Hawaii Safety inspections are also available weekdays from noon to 6 p.m. and weekends and holidays from 9 a.m. to 3 p.m.

Opening bids closes on Oct. 25. For more info, call 254-7674.

1992 Toyota Celica GT \$1180 The vehicle is in running condition and needs light body work.

1996 Ford Taurus GL \$725 Vehicle is in running condition, has light body blemishes, and the front seal on the transmission is leaking.

1995 Chevy Monte Carlo Z34 \$840 Vehicle is in running condition, it needs break work and has slight body blemishes.

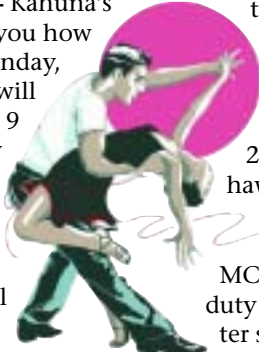
ASYMCA Playmornings — Kids and parents are all invited to come have fun at the Armed Services YMCA "Playmornings." Spend quality time with your children and get to know other families aboard the base. Playmornings is a facilitated parent-child program to encourage bonding within and amongst families.

Enjoy crafts, games, songs and fun at varied locations across the base. The program runs Monday through Friday, from 9:30 to 11 a.m. at the following locations: Mondays at Hale Koa Beach, Tuesdays at the Youth Activities building 5082, Wednesdays and Fridays at the Super Playground and Thursdays at Connor Loop Playground. In case of inclement weather, head to the Armed Services YMCA at building 1638.

Call 254-4719 for more details.

Swing Lessons — Kahuna's Ballroom is teaching you how to dance. Every Monday, Swing dance Lessons will be taught from 7 – 9 p.m. The cost is only \$2 so grab a partner and get ready to twist, twirl, and spin the night away.

For more info, call 254-7660.



Salsa Lessons — Impress her with your fancy foot and hip action. Take a few salsa lessons at Kahuna's Ballroom every Tuesday from 7 to 9 p.m. and you will be set to hit the town. Lessons are \$2.

For more information, call 254-7660.

Friday Night Barbecue — Every Friday, let someone else do the grilling. Head to the Staff NCO Club for your favorite grilled New York Strip, pork chops, chicken or fish and a full buffet of all the fixings including grilled corn, assorted grilled vegetables, mixed green salad and watermelon. Served from 5 – 9 p.m.

For reservations, call 254-5481.

Cage The Rage — Learn to understand and control your anger with ongoing classes Thursdays, 1 – 3:30 p.m. There are eight weekly sessions in each series. Start anytime.

To schedule a brief orientation appointment call 257-7780/7781.

Mongolian Barbecue — Don't feel like cooking dinner? Every Wednesday and Friday night, head out to The Officers' Club for Mongolian Barbecue and leave the

work to the professionals.

Buffet style, select your favorite veggies and meat including chicken, shrimp, pork and beef; pile your bowl high, and kick it up a notch with a sauce of your choice. Then watch the grill masters flip, sauté and grill your dinner to perfection.

Mongolian Barbecue is served every Wednesday and Friday at 5:30 p.m. Call 254-7649.

Lava Java — Located next to the Base Theater, Lava Java is proudly brewing Starbucks. A variety of your favorite espresso drinks, coffee and pastries are served Monday through Friday, 6 a.m. to 2 p.m.

Tradewind Travel — If travel is in your future, look to Tradewind Travel to book your next trip. Located in Mokapu Mall, Tradewind Travel can arrange mainland flights, interisland packages, Norwegian Cruises and most recently, a five-night Sydney, Australia package.

Tradewind Travel is open Mondays – Fridays from 10 a.m. to 6 p.m. and Saturdays from 9 a.m. to 2 p.m. For more info, call 254-7413.

Looking for a Job? — Marine Corps Community Services employs more than 850 employees in retail, food and hospitality, fitness, child and youth activities, water safety, logistics and administration. Stop by the MCCS Personnel office located in building 219. Get a job or career that suits your skills, schedule and style.

For more information, call 254-7619 or visit www.mccs.hawaii.com/jobslistings.html.

MCCS One Source — MCCS One Source provides Active duty and their families, reservists, sister services and service delivery staff with information and resources that can help improve many areas of life. From relocation to education needs, family support to health and wellness, financial matters to everyday issues, MCCS One Source is your one stop resource to finding information, guidance, and answers.

Registration is easy for MCCS One Source. To create your own personal profile, log onto the MCCSOneSource.com Web site, and enter "Marines" as your user name. Then enter "semper fi" as your password.

If you want more interactive assistance, call a One Source consultant at: CONUS: (800) 433-6868, or OCONUS Universal Free Phone: (800) 237-42374, or OCONUS collect: (484) 530-5908. TTY/TDD access is available through (800) 346-9188.

Family Child Care — Family Child Care is a home-setting child care service provider operated by MCCS Personal Services with certified providers trained in child development, nutrition, guidance and more. Family Child Care provides a flexible schedule including evenings, weekends, and overnight care.

To find a child care provider, call 257-7430. To become a child care provider, call 257-7030.

SM&SP



All events are open to unaccompanied E-5 and below who are active duty Marines or Sailors. The SM&SP Office is located in building 1629, inside the Kahuna's Recreation Center. Get more details on activities at www.MCCS.Hawaii.com under the "Semper Fitness" icon, or call 254-7593.

Upcoming Events

Barracks Bashes: The Single Marine & Sailor Program is hosting the Barracks Bash for Barracks' 226 and 227, 230, 1094 and 1096, 1654, 5070. On Oct. 27, head over to the grounds across from the Pop-Warner football field (behind barracks 1654) from 3 – 7 p.m. for prizes, free food, entertainment, basketball, horseshoes, volleyball and more. Sign up rosters will be posted. For more information, call 254-7593

Volunteer Events

Geckos in Paradise: Those interested in volunteering for Kapiolani Medical Center's gala event to raise funds for breast cancer research should contact the SM&SP office.

MOVIE TIME

Prices: Adults (12 and older) are \$3, children 6 to 11, \$1.50 and children 5 and younger, free. Matinee prices are \$2 for adults, \$1 for children. Parents must purchase tickets for R-rated movies in person at the box office for children 16-years-old and younger. For E-5 and below, admission is free to the second show on Friday and Saturday evenings only. Sunday evenings, the price is \$1 for all patrons. Show your ID card at the box office. Call 254-7642 for recorded information.

Sneak Preview Policy: One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons.

Anacondas:	
The Hunt for the Blood Orchid (PG-13)	Today at 7:15 p.m.
Without a Paddle (R)	Today at 9:45 p.m.
Suspect Zero (R)	Saturday at 7:15 p.m.
Exorcist: The Beginning (R)	Saturday at 9:45 p.m.
Superbabies 2 (PG)	Sunday at 2:00 p.m.
Suspect Zero (R)	Sunday at 6:30 p.m.
Anacondas:	
The Hunt for the Blood Orchid (PG-13)	Wednesday at 6:30 p.m.
Hero (R)	Friday at 7:15 p.m.
Suspect Zero (R)	Friday at 9:45 p.m.

The art of bull riding

‘8 second’ ride lures a few good Marines to the wild side

Cpl. Megan L. Stiner
Lance Cpl. Michelle M. Dickson
Combat Correspondents

“Don’t be afraid to go after what you want to do, and what you want to be. But don’t be afraid to be willing to pay the price.” Spoken so true by the legendary Lane Frost, the 1987 World Bull Riding Champion who was tragically killed one rainy Sunday during the finals at the 1989 Cheyenne Frontier Days Rodeo after successfully completing an eight-second ride on a bull named Takin’ Care of Business.

A movie, cleverly called “8 Seconds,” which is the amount of time you must stay on a bull for score, was also written about the adventuresome individual.

Now, of course, we have seen the film, several times, and we have always been mesmerized by the sheer skill and ability bull riders possess. Honestly, who else can make wearing Wrangler’s, dipping and smelling like cow pucky, oh so beautiful? So when we heard we had a chance to ride bulls in the location that the legendary Lane Frost and his friend Tuff Hedeman did in Waimanalo back in 1988, we knew it would be foolish to pass up such an opportunity.

Neither one of us had ever ridden a real bull in the past. Honestly, how many can say they have? But we’ve been to Professional Bull Riding rodeos together, and met some of the top riders of today like Chris Shivers and Justin McBride. And, oh yes, have even had the honor of meeting the great Tuff Hedeman himself. So, we felt that since we’ve seen it done both in the movies and real life, it was about time we took up our chance to experience first hand such a glorious, although idiotic, sensation.

Saturday morning we woke up bright eyed and bushy tailed, and picked up an equally excited buddy,



An adventure enthusiast tries to hold on for a few more seconds as the bull attempts to dislodge him from its back at the New Town and Country Stables in Waimanalo. Although bull riding is a dangerous sport, many agree the rush is well worth the pain.

Kat Warner, and were on our way to hopefully, not die. Of course we worried all our mothers by calling them on the way, and letting them know we loved them, but there was something we had to do that involved bulls and trying to ride them. Ensuring we would call them once it was all over, was all we could do to calm their motherly spirits.

We arrived at New Town and Country Stables to meet several very friendly people, and we quickly notified them we were there to ride bulls. Once they stopped laughing at us, and realized we were serious, they awkwardly pointed us to the stable where we could sign our good judgment away.

We walked merrily in that direction, stopping momentarily to

admire the fluffy chickens and watch Kat try to catch a feisty peacock. They say those things can get mighty ferocious.

Any way, we were three of about 10 riders that morning, all of them men who also looked at us with complete confusion in their eyes. Without words — we could tell, down to the last word — exactly what they were thinking, “Oh, jeez, these girls sure are crazy, they even forgot their darn-tootin’ chaps.”

But odd looks from strangers and a sickening feeling of fright

couldn’t stop these hard chargers. We borrowed some gear; a vest, glove and rope, and before we knew it we were waiting for our turn to ride.

We didn’t ride first, and that made us happy since we wanted to boost our confidence a bit by watching the pros before our little whirl, but that didn’t turn out so well. Don’t get us wrong, they rode extremely well, but there was something about watching a 1,500-pound creature spin and come down on a man after a dismount that sends shivers down your spine.

Then, the names were

called, “Michelle Dickson you’re up, Megan Stiner be ready, Kat Warner, you’ll go last!”

After a thorough briefing on what to do while riding a bull, giving us enough time to think too much about what we were doing, the time had come to test the skills learned on the mechanical bull at the E-club. How different could it really be? It was very different.

As soon as you sit on a snorting animal in a crowded chute, you can feel the muscles in his back tense up. He’s just waiting to be let out of the gate and take you for a ride you’ll not soon forget.

You put your steady hand up, give the signal and at that moment in time, honestly, there is nothing in the world you can think of that would be more terrifying.

The chute opens and the bull is already bucking, four hooves off the ground, rushing out to the center of the ring, you have no recollection of time and can’t think of anything but the fact that you are entirely insane for thinking a fine morning would include bull riding. Before you know it, you are hastily picking yourself up off the dirt and blindly running, like you’ve never run before, to ensure the bull doesn’t turn and crush you, or gore you with its horns, as they like to do sometimes.

Once it was over and all of us experienced the sheer terror and excitement, we realized bull riding is something we must all continue to do together. We understand that one day we will get hurt, hey, it’s bound to happen. But we also know that Nancy Kerrigan got beaten real good with a crowbar in the knees once; and no matter what sport you participate in, there are bound to be some drawbacks.

So as Stephen Baldwin said while portraying the rascally character Tuff Hedeman in “8 Seconds,” “Gotta go, gotta go, gotta rodeo.”



Photos By Lance Cpl. Michelle M. Dickson



Mud slingers

Left — Gunnery Sgt. Jonathan W. Barkley, substance abuse counseling officer Headquarters Battalion, clears the edge of a drainage ditch, while 1st Sgt. John J. Weis, Headquarters and Service Company First Sergeant, makes a protective border with rocks.

Far Left — Volunteers Cpl. Dennis J. Splain, reproductionist with combat visual information center, and Lance Cpl. Aaron Simpson with base postal, shovel mud out of a culvert behind Puohala Elementary School Monday.



Photos By Staff Sgt. Ronna M. Weyland

Thrift shop starts lending locker

Key items will be available for service members to borrow

Press Release
All Enlisted Spouses Club

The All Enlisted Spouses Club recently voted to establish a new lending locker program as an added benefit to all active duty military members, their families and retirees here.

As of Oct.1, interested individuals with valid identification can visit the Base Thrift Shop and check out various items for up to 30 days at no charge. Items include baby strollers, car seats, cribs, high chairs, play pens and other items ideal for when relatives come to visit.

“Since the housing office’s lending locker on base is only available to families in transition, we saw a need

to offer items that could be used on a temporary basis, but, for example, are typically too expensive to buy outright for a one-time use when relatives come to visit,” said Mary Pratt, AESC president.

For more details, visit the Thrift Shop located at building 212 (Pless Hall) on 3rd Street, or call 254-0841. The Thrift Shop is open Mondays, Tuesdays, Thursdays and Fridays and on payday Saturdays.

The AESC is a service organization dedicated to raising funds through sales at the Thrift Shop for its annual scholarship program. Last April, more than \$16,000 was handed out in scholarships to family members interested in continuing their education and to organizations such as the Hawaii Special Olympics, Mokapu Elementary School, the Armed Services YMCA, the base library and New Parent Support Group. This year, its goal is to double that amount. Donations are always appreciated.

PARENT, From B-2

Tahara added.

To ensure the points stick with her audience, Tahara keeps her curriculum varied with assistance from program assistant, Stephanie Ulrichs. From playing games, to stories, showing slides in a lecture to role-playing, her students are never at a dull moment.

One of the most interesting means of instruction involves putting the father in the mother’s shoes — actually, more like suit. The most entertaining section of her class is when the fathers put on an “Empathy Suit,” a specially designed garment that imitates the weight, size and feel of a pregnant mother in her third trimester.

In a true Marine Corps styled approach, Sgt. Jason Dixon jumped right in and volunteered to be the first to give the suit a try. When questioned about the feel of the suit after no more than ten minutes in gear, Dixon replied simply, “This sucks.”

One of Tahara’s favorite methods is a similar “empathy” exercise where she breaks the class into groups where the dads separate from the moms and define the role of the labor partner. “It’s always so much fun because the dads always say great things such as tell her that she’s beautiful, how much I love her etc. The moms say things like ‘don’t touch me if I tell you not to’ and ‘don’t ask me silly questions.’”

The program started over seven years ago, as Dad’s Baby Boot Camp held at the Branch Medical Clinic. “We started with one participant, now we have anywhere between five and thirty,” boasts Tahara.

Dad’s Baby Boot Camp/Mom’s Basic Training is offered once a month. To register, call 257-8803.

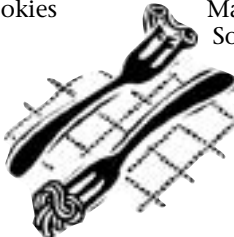


Ed Hanlon V

Father-to-be Sgt. Jason Dixon puts on the “empathy belly” suit with a little assistance from Nancy Tahara and Stephanie Ulrichs, both of the New Parent Support Program.

ON THE MENU AT ANDERSON HALL

<p>Today Lunch Beef Balls Stroganoff Baked Fish Fillet Macaroni & Cheese Garlic Roasted Potato Wedges Mixed Vegetables Raisin Drop Cookies Asst. Fruit Pies</p> <p>Dinner Ground Beef Tacos Chicken Enchiladas Chili Conquistador Burritos Refried Beans Mexican Rice Raisin Drop Cookies Asst. Fruit Pies</p> <p>Specialty Bar (Lunch and Dinner) Pasta Bar</p>	<p>Saturday Brunch/Dinner Roast Turkey Chicken Cordon Bleu Mashed Potatoes Boiled Egg Noodles Spice Cake w/Lemon Cream Frosting Sugar Cookies Asst. Fruit Pies</p> <p>Sunday Brunch/Dinner Swiss Steak w/Mushroom Gravy Glazed Rock Cornish Hens Rice Pilaf Mashed Potatoes Southern Style Green Beans Yellow Cake w/Butter Cream Frosting Salad Bar w/Assorted Dressing</p>	<p>Monday Lunch Beef Stew Baked Fish Fillets Baked Macaroni and Cheese Steamed Rice French Fried Okra Oatmeal Cookies Asst. Fruit Pies</p> <p>Dinner Italian Veal Steaks Braised Pork Chops, Bone In O’Brien Potatoes Steamed Rice Peas w/Onions Oatmeal Cookies Asst. Fruit Pies</p> <p>Specialty Bar (Lunch and Dinner) Pasta Bar</p>	<p>Tuesday Lunch Chicken Parmesan Cajun Fish Fillet Steamed Rice Boiled Egg Noodles Simmered Asparagus Oatmeal Raisin Cookies Asst. Fruit Pies</p> <p>Dinner Southern Fried Chicken Beef Balls Stroganoff Parsley Butter Potatoes Boiled Egg Noodles Simmered Pinto Beans Oatmeal Raisin Cookies Asst. Fruit Pies</p> <p>Specialty Bar (Lunch and Dinner) Taco Bar</p> <p>Wednesday Lunch Chili Macaroni</p>	<p>Roast Turkey Grilled Cheese Sandwich Mashed Potatoes Glazed Carrots Brownies Asst. Fruit Pies</p> <p>Dinner Meat Loaf Pork Ham Roast Mashed Potatoes Tossed Green Rice Cauliflower Combo Brownies Asst. Fruit Pies</p> <p>Specialty Bar (Lunch and Dinner) Country Bar</p> <p>Thursday Lunch Salisbury Steak Barbecue Chicken Rice Pilaf</p>	<p>Oven Browned Potatoes Corn on the Cob White Cake w/Lemon Cream Frosting Asst. Fruit Pies</p> <p>Dinner Beef Yakisoba Orange Chicken Fried Rice Steamed Rice Fried Cabbage w/Bacon Brown Gravy White Cake w/Lemon Cream Frosting Asst. Fruit Pies</p> <p>Specialty Bar (Lunch and Dinner) Taco Bar</p>
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Community outreach enriches volunteers

Outreach program participants give, learn in return

Cpl. Megan L. Stiner
Combat Correspondent

KANEEOHE, Hawaii — “There are a couple of things to know before arriving,” Petty Officer 3rd Class Joshua V. Kimble, religious program specialist. “First, never give them anything to eat unless the nurses gave it to them, of course don’t fight back if they would happen to hit you and finally, they are really great people. One of the women may try to eat the Bingo chips, but it will be a good time.”

Kimble, base community outreach coordinator, came up with the idea of taking groups of people to Ann Pearl Nursing Home to visit the elderly who live there and has since made some special bonds.

“I really missed my grandparents and I don’t have any family here besides my wife,” he explained. “I thought it would be a good thing for myself, as well as other people who miss their families, to experience.”

Three months ago the “Elderly Fun” program was established, but since then each trip has only yielded between two and three volunteers.

“The smaller groups are good because they don’t overwhelm the members, but it would be nice to see groups of five to ten people,” said Kimble.

Kimble takes volunteers to Ann

Pearl Nursing Home every 1st and 3rd Tuesday of each month. All they have to do is meet at the Base Chapel in civilian attire at 2:30 p.m.

He added that special arrangements could be made for those wanting to volunteer, but have conflicting work schedules.

Volunteers can be anyone from military to their family members. Once they arrive, they play games like Bingo and take walks with the members who suffer from Alzheimer’s.

“The way I think of it is like, we give up two hours a month to go visit them,” he explained. “They live there, 24 hours-a-day, all year round.”

According to Kimble, one volunteer brought a guitar and sang and played for the people at the nursing home — they loved it.

“It can be difficult,” he explained, “because with Alzheimer’s the residents don’t really remember you from one trip to the next. You begin to understand their personalities, but they won’t remember anything about you.”

Kimble believes the friendly interaction does make some kind of an impact on a few of the residents though.

“I have noticed improvements in some,” he said. “I know they don’t remember me, but I feel like they feel more comfortable around me now, since I have come a few times.”

Kimble said volunteers only need to come with an open mind and try to have a good time with the residents.

“I don’t think they have enough people that let them know they care



Cpl. Megan L. Stiner

Petty Officer 3rd Class Joshua Kimble, base community outreach coordinator, takes a moment during a Bingo game to chat with Blanch, one of the Alzheimer residents at Ann Pearl Nursing Home. Kimble visits the residents twice a month to play games and talk with them.

about them,” he said. “If we can brighten their day for one hour, then it is well worth it.”

Kimble wants people to understand the volunteer programs are not religious in any way and they are simply there to try to make a difference in people’s lives. He is also the

coordinator for “Youth Mentoring,” interacting with young men and women at the Hawaii Youth Correctional Facility as well as “Feeding the Homeless” in downtown Honolulu.

“These kind of programs help teach volunteers patience and under-

standing,” he said. “Each time you go it gets easier. You just have to make the time to get involved.”

To participate or to get more information about this and other outreach programs, contact Kimble at 257-3552 ext. 28, or e-mail him at Joshua.Kimble@ usmc.mil.



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MCCS keeps keiki on their toes

A variety of base programs help keep kids active, learning

Cpl. Jessica M. Mills
Sports Editor

Being in the military can be tough on families, between long hours and multiple deployments, it can be hard for parents to keep their children focused and happy.

To assist military families with these hardships, Marine Corps Base Hawaii tries to give family members every option available for parents, during the week and weekends, beginning with the Youth Activities Office.

The Youth Activities Office is responsible for many of the programs here, including youth sports. Over the next few months, the Youth Activities Office will have registration for a number of different sports.

- Registration for the basketball team has begun. The season will run from December until February. Cost is \$40 for Youth Activities members and \$50 for nonmembers.
- Registration for the wrestling team will be in January and the season will last from March until May. Cost is \$40 for Youth Activities members and \$50 for nonmembers.
- Registration for the volleyball team will be in January and the season will last from March until June. Cost is \$30 for Youth Activities members and \$40 for nonmembers.
- Registration for the baseball, T-ball, and softball teams will be in

January and the season will last from March until May. Cost is \$40 for Youth Activities members and \$50 for nonmembers.

- Registration for the soccer team will be in April and the season will last from June until August. Cost is \$40 for Youth Activities members and \$50 for nonmembers.
- Registration for the hockey team will be in July and the first round of the season will be from August until December. The second round will be from January until April. Cost is \$30 for Youth Activities members and \$40 for nonmembers.
- Registration for flag football and cheerleading will be in July and the season will last from August until November. Cost is \$40 for Youth Activities members and \$50 for nonmembers.

Membership with Youth Activities Office costs \$25 per year. Family members of all active duty, reservists, and DoD civilian employees are eligible. The Youth Activities Office regularly hosts Adventure nights, and Family Fun Fests. Annually, YA hosts an Easter Egg-Stravaganza, a Halloween Haunted House, and a Santa's Village.

It also runs school-age day care programs, power hour, After-Dark Teen Program, community service programs, camping outings, teen dances, open recreation activities, skateboard challenges, and Parents' Night Out.

Being a member also gives activity discounts; reduced prices on sports fees, dances and special activities; and a Boys and Girls Club membership. For more information on these programs, or any others call Youth Activities at 254-7610.

The Base Library also has many upcoming events for youth, including a weekly story time every Thursday at 10 a.m. for any one who is interested.

- On Oct. 30, the library will hold the special Spooky Tales and Treats at 1 p.m.
- The library will also have a Native American Heritage Program on Nov. 6 at 1 p.m. to celebrate Native American Heritage Month.
- In honor of Thanksgiving, the library will hold Turkey Tales and Treats on Nov. 21 at 1 p.m.
- Arts and crafts is always fun, so prior to Christmas the library will hold a Crafty Christmas Program on Dec. 18 at 1 p.m.

Another option for parents is to participate in programs with the ASYMCA. The ASYMCA's free or low-cost programs are designed to improve quality of life for junior enlisted personnel, spouses and children.

Many programs are available through the ASYMCA, including daily play mornings, Monday through Friday aboard the base. Parents and children can enjoy a morning of crafts, games, music, stories and fun at the play morning. The free, mobile playgroup operates out of the ASYMCA van, and meets at five different locations each week.

Another program is Operation Hero, which is a free after-school program for elementary school children, that is held at Mokapu School. This program builds self-esteem and helps with study skills.

For more information on either of these programs, or the many others not mentioned, contact the ASYMCA at 254-4719.



Sgt. Joseph A. Lee
Darnell Rivers, 7, wrenches the ball from the Sharks' Bingham in a youth basketball game here, earlier this year.



Cpl. Jessica M. Mills



Lance Cpl. Bernadette L. Ainsworth

Far Left — Grace Nordan, 11, a member of the Kaneohe Bay Gymnastics Team, practices her mat routine for a team competition.

Left — Ronald McDonald demonstrates, with the help of two volunteers, the howling wind described in a book he read to children at this year's 15th annual summer reading program at the base library. MCCS provides a wide variety of programs that children can busy themselves with.

Word To Pass

Energy Awareness Fair

Semper Fit and the Mokapu Mall will hold an Energy Awareness Fair Today from 10 a.m. to 4 p.m. The event will be held at Mokapu Mall and is open to all base personnel.

Free giveaway items promoting energy awareness and conservation will be available.

For more information, contact John Dunbar, at 257-2171 ext 251.

HQBN Haunted House

Halloween is here once again and this year the Haunted House aboard MCB Hawaii, Kaneohe Bay will be much larger, and much spookier than ever.

Located in Pless Hall, next to Dewey Square, all the ghosts and goblins will be creeping and crawling throughout the nine haunted rooms starting Oct. 22. The house is open from 7 to 10 p.m. The cost for children 12 and under is \$3 and adults are \$4. The house is also open Oct. 23, 29, 30 and 31 from 7 to 10 p.m. There will be parking available at Base Legal and at the bus stop next to the Hobby Shop and car wash.

For more details, contact Gunnery Sgt. Douglas Peercy at 257-1252.

Concert on the Beach

Duke's Canoe Club Waikiki announces its new October "Concerts on the Beach" lineup, featuring live music by Island-favorite performers Fridays, Saturdays and Sundays from 4 to 6 p.m. October's entertainment schedule is as follows: Kaala Boys, Oct. 22 and 29 Kapena, Saturday, Oct. 23, 23, and 30

For more details, call 922-2268

Motorcyclists to Ride for MDA Fundraiser

In an effort to raise money for the Muscular Dystrophy Association, the first-ever Aloha Ride, sponsored by Harley Davidson Motorcycles and Cycle City Ltd., is scheduled to take place Oct. 24.

All motorcyclists are invited to participate this special ride that honored guest, Willie G. Davidson, grandson of one of the Harley Davidson founders, is scheduled to lead.

Riders must accumulate a donation of at least \$30 to participate in the ride.

The ride will begin at Cycle City's new location, 600 Puuloa Road, where, as part of the registration fee, riders will receive a free breakfast, an Aloha Ride Harley Davidson pin, and identification armband, free admission to the concert aboard MCB Hawaii, Kaneohe Bay, two drink coupons, lunch and one 'opportunity drawing' ticket.

The more money participants raise and donate, the more they receive in return. Riders who raise \$100 or more will have the chance to win a 2004 Harley Davidson Sportster, among other gifts.

Breakfast will be available from 6 to 10 a.m. , registration will start at 7 a.m., and the ride is scheduled to begin at 10:30 a.m.

Civilians are invited to continue through the gates of MCB Hawaii, Kaneohe Bay, to attend the ensuing concert, food, beverage and possible stunt-dirt bike performances, but are stressed to arrive before the gates are closed to civilians at 1 p.m.

Registration packets can be picked

up at the Semper Fit Center and *Hawaii Marine* office here, Cycle City, the MDA office, or can be received by mail if the participant contacts the MDA before Oct. 18, at 548-0588.

Last-minute registration will be allowed at Cycle City the morning of the event.

To donate or for more information, call Paula Ota at 548-0588.

Volunteers Sought for Make-A-Difference Day

Mokapu Elementary School is having its 7th Annual Make-A-Difference Day activities on Oct. 23 from 8 a.m. – 4 p.m.

The national Make-A-Difference Day is a day spent volunteering, not just at the local level, but also at the national level. Started by the USA Today newspaper 12 years ago, this event has been growing ever since.

Volunteers will spend the day beautifying school grounds by painting classrooms and other areas as needed. The school ran a penny drive to raise needed funds for supplies, for this purpose, which ended on Oct. 15. Mokapu is currently looking for volunteers to work the hours listed above.

Food donations may be dropped off at the cafeteria on Oct. 23 starting at 7 a.m.

To volunteer or donate items, call 254-7964 and ask for Vicki Lyons or leave a message.

Phone Books to be Recycled at Mokapu Elementary

Mokapu Elementary is participating in the recycling project of old phone books sponsored by Verizon. School officials have asked that

collected phone books be turned in and placed in front of the school cafeteria prior to Oct. 31 ("Pride Day"). Telephone book recycling saves trees, water, electricity, and valuable landfill space. Oahu schools can earn up to \$2,000 for participating during this contest period. Teach your children to help protect the Earth's resources by recycling.

If you have any questions, call the Mokapu office at 254-7964.

Comedian Tom Rhodes at Blaisdell Center

The Laugh Factory presents comedian Tom Rhodes on Oct. 29 and 30 at 7:30 p.m. at the Neal Blaisdell Center Pikake Room.

Tickets are on sale now for \$25 general admission and \$30 reserved at the box office and all Ticketmaster locations. To charge-by-phone, call (877) 750-4440 or log on to www.ticketmaster.com.

Registration deadline looms for ACT test

College-bound high school students can take the ACT Assessment on Dec. 11, the next national test date. The deadline for postmark registration is Nov. 5. Students can get registration materials from their guidance counselor or register online at www.actstudent.org.

The Royal Hawaiian Dresses up for the Holidays

Each hotel celebrates the holiday season a bit differently; at The Royal Hawaiian, the "Pink Palace of the Pacific," they pride themselves on their elegant decorations and lavish food. Just when you think there

could be no more pink at the hotel; the staff adorns it with pink flowers, pink ribbons, pink lights and pink ornaments. Year after year, visitors from around the world stop by during the holiday season to leisurely walk through its public areas and enjoy the sense of the holiday celebrations. Be sure to check out the dining opportunities in the world famous Surf Room, right on the Beach of Waikiki.

For more information or reservations, call 931-8383.

HPU Seeks Entries for James M. Vaughan Poetry Award

Hawaii Pacific University is currently seeking entries for the James M. Vaughan Award for Poetry. The award will recognize a Hawaii writer for an outstanding poem or group of poems. The winner will receive a \$500 cash award and will be featured in Hawaii Pacific Review, the annual literary magazine published by HPU.

To participate send three poems with a 100-line limit each, with your name, address, phone number, e-mail, and names of poems on a cover page (no name on other pages), and a five-line biography to the James M. Vaughan Award for Poetry, 1060 Bishop Street, Suite 402, Honolulu, HI 96813. Participants must be a current resident of Hawaii. Submitted poems must not have been previously published. Submissions must be postmarked by Dec. 1. Manuscripts will not be returned.

The winner will be announced in January, and an award will be given at HPU's annual Koolau Writing Workshops on March 5.

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Yard Sale

Today and Saturday, today from 9 a.m. to 3 p.m. and Saturday from 8 to noon at 6458 A Woodward Court aboard MCB Hawaii. Take Dobson and Cochran Streets. Moving soon with lots to sell. There will be little girls' clothes, great toys, deep chest freezer, patio set, framed art, plants, baskets, household items galore and more. Call 254-3496.

Miscellaneous

Stereo system, Marantz SR-73 AV surround sound stereo receiver complete with Mirage subwoofer, satellite and center speakers, 5-disk CD player, stereo and speaker stands, and cables. Asking \$200 OBO. Call 262-6533.

White kitchen buffet and hutch, \$15; 19-inch TV with separate VCR, \$30; wood table with four chairs, table needs work, \$15; Fisher Price Ocean Wonders Aquarium Bouncer, \$15, Fisher Price Activity Walker, \$2. Call 772-0341 if interested. Pictures of items can be e-mailed. Call 772-0341.

ANGELS, From B-1

believe more shows are on the horizon."

Marine Corps Community Services provided plenty of food and beverages during the show, but due to the large volume of spectators, lines were still long. Still, the wait didn't deter the crowds, and turkey legs, pulled pork, chili and rice, and ice cream were just some of the many local specialties littering the crowds.

"All in all, compared to the air shows at Miramar and Beaufort, this weekend was a thundering success," said Kelsey. "What really contributed to the success was because both MCCS and the show coordination committee went out and did their homework, and that investment really paid off."

Over the weekend, hundreds of military volunteers assisted, coming from units aboard MCB Hawaii and Pearl Harbor. According to Staff Sgt. Jon Jerome, a watch commander for the Provost Marshals Office, more than 300 military policeman and augments volunteered their time to conduct security, traffic control, crowd and parking control.

"These Marines and Sailors began their days around 6 or 7 a.m. and usually did not leave until 7 or 8 p.m.," said Jerome. "They really worked hard all over the base to make this thing happen, and they were successful."



The Marine Forces Pacific Band played a wide variety of popular songs from within a C-5 Galaxy transport, to the delight of the crowd at Friday's Military Appreciation Day, for the Blues on the Bay Air Show.

Staff Sgt. Ronna M. Weyland